Brain-Activity: How does my brain pay attention?

**PART 1: Let’s Discuss**

Can your brain pay attention to more than 1 thing at the same time? *(Circle an answer)*

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>MAYBE</th>
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**PART 2: Let’s Predict**

Circle which of the following makes it **harder** for you to stay concentrated:

- Being nervous or stress
- Playing chess
- Being in a quite area
- Eating unhealthy food
- Sleeping 10 hour a night
- Time of the day
- Silence
- Listening to T.V. while doing homework
- Eating healthy food
- Sleeping 7 hours a night
- Taking “Brain Breaks” every 15 minutes
- Noise
- Doing 1 thing at a time
- Meditating

Circle which of the following makes it **easier** for you to stay concentrated:

- Being nervous or stress
- Playing chess
- Being in a quite area
- Listening to T.V. while doing homework
- Eating healthy food
- Sleeping 7 hours a night
BrainReach

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PART 3: Let’s Think and Plan

Was the Simon Task easy to do or harder? Was the Stroop Task easy to do or harder? Why do you think it was easy for you to do or harder for you to do?

I find it hard to stay focused when....

It is easier for me to stay focused when...
Part 4: You be the scientist!

Get together with a partner. Discuss times when you have trouble staying concentrated. Ask them questions about these situations. (For example, “What were you doing when this happened?”, “Did you eat well that day?”, “Did you have 10 hours of sleep” and so on.

After listening to their situation, come up with 3 tips to help them improve the concentration skills.

Make a pledge to your brain!!!

Which change will you make in your life (a promise to your brain) to help it stay healthy and more focused?